Yoga Meditation: An Exercise in Self-Awareness

by Joyce Bruciati

"I want you to reach up and try to grab a pretty cloud," she tells the class. "Get up on your toes and stretch as high as you can!"

The class is Yoga Meditation, which meets on Wednesday nights from 8-9:30 in Welch Lounge, and the teacher is Drew Junior Nancy Barbara.

Along with the initial stretching exercises from standing and sitting positions, the evening may include an exercise in trust and relaxation, where, for example, the students must trust each other to catch them as they relax to the point of falling backward without fear.

At the end of this week's session, Ms. Barbara had the class, which consisted of about 10 girls, "sponge-out," that is, lay on the floor and practice progressive relaxation, which entails tensing each part of the body and then allowing it to relax. While everyone was in this comfortable state, Nancy read a piece of her own prose, which described the experience of lying on a beach, and urged the class to concentrate on the imagery.

The first thing that struck me about Nancy was her energy. She seems vitally interested in what she is doing and her enthusiasm is catchy. She only started learning Yoga this past summer in a course she took at her home near Atlantic City, but her interest in the psychology of consciousness is something she's had most of her life.

Majoring in Psychology, English, and Education, Nancy says she would eventually like to be a counselor or part of a child-study team in an elementary school. This semester, she is taking education courses at St. Elizabeth's, and teaching reading to second-graders at the King's Road School. This past summer, she did case studies of children who were neurologically disturbed. She also taught tennis, and says she used meditation techniques to hold her pupils' concentration on the ball.

To be totally aware of ourselves, Nancy says we have to realize our full mental potentialites, of which she says most people only utilize 1/10. Over January, she took the consciousness course here with Jim Mills and Phil Jensen, and seems to have been especially impressed with the silent moments which were required of the class. "I have a motto," she says, "that silence among friends is filled with continuous communication."

She decided to begin her own class, in which she combines Hatha (physical) yoga with some meditation techniques, after a yoga demonstration she did in her Personality class last semester. Along with the exercises, Nancy includes lectures on relaxation therapy and new techniques which she compiles from both her own experience and the pamphlet file she keeps.

"The whole thing with this class is to focus on the present," she says. "People who do yoga and meditation are more easy-going, and rational in the way they deal with every day problems," she believes.

Ms. Barbara does seem to be very aware of herself, and of her objectives and I think this is what makes her teaching so effective. It's informal, yet informative. After one class, I came away feeling very relaxed, refreshed and impressed.

Nancy Barbara

TO WOODS FOR STEAKS

Don't take that glass, silverware, tray, or china!!!!!!!!! WHY?, because it costs you money. Since September the food service has spent $6,124.08 on missing inventory; $6,124.08 that if spent on food could have meant a steak night every other week instead of once a month. For your information, the individual cost of missing items are:

glasses	$.32/each
tray	$4.316 or 3.45 steaks
dinner plates	$2.85 or 2.2 steaks
coffee cup	$2.20 or 1.7 steaks
coffee saucer	$1.37 or 1.09 steaks
salad bowl	$1.575 or 1.25 steaks
monkey dish	$1.273 or 1.01 steaks
dessert plate	$1.345 or 1.07 steaks
knife	$.158 each
fork	$.363 each
spoon	$.108 each
soup spoon	$.123 each

REWARD:

In early May we will have a collection of all "borrowed" items. The money saved will be used on an extra steak or surf and turf night.

Volunteers Needed For Cleanup

By Ken Malkin

We have a problem. Members of the Social Committee and the U.C. Board are in urgent need of people to help set-up and clean-up at the free beer dance which is going to be held in the Commons on the Monday after vacation. The Commons must be cleaned before Tuesday's breakfast.

I don't think that it is fair to either of these organizations to have to clean-up themselves. I know that there are some concerned students who are willing to help. If we can show the Social Committee and the UC Board that there are interested students, I think we may be able to finish off this year with some dynamite parties. *It All depends on whether or not we can get student's to help.* I don't think we should have to spend students money to hire people to clean-up when it can be better used elsewhere.

I felt that this recent interest in social life is exciting and should lead to bigger and better things for the Drew Campus. Please contact either Mike Alter, Skip Ceccacci, or Ken Malkin if you are interested in helping out. It is really urgent.

On the brighter side, did you know that the Social Committee has authorized "matching funds" for student parties? If you prove to them that you have $100 dollars for a party, they will match your $100 with another $100 and you can party with $200. I'm sure there are some restrictions so contact the Social Committee if you have any questions and are interested in applying.

Thank you, everybody

by Shawn Adamo
Living Council President

According to Drew officials, some $30,000 worth of work was done in Haselton over the summer.

As the school year started, and the Living Council was elected, it was decided that finally we would do something about the dorm's terrible conditions. First, the dorm members cleaned out the basement, which had roughly *two tons* of Wood's equipment stored in it. Eric Sandberg, director of the Plant Office, came down late at night with a truck to help move the equipment out.

Eric later returned to the dorm to inspect it. Within 48 hours, the Living Council made a master list of the problems, and Eric sent an emergency crew here to help fix the dorm. Things like hot water were returned to use, lamp lights were made workable, closet doors were hinged and made to slide, and vents began to function as they should have been doing all along.

Plans were than made to paint the basement, and fix the electrical outlets. This was done, and several parties were thrown.

Finally we tackled our number 1 problem of re-modeling our dorm. Members met with Eric and Claire Calhoun. We told them what we wanted, and why. Again, we toured the dorm. Upon our return this semester, we were promised an architect, and plans for renovation. Amazing enough, (and against Drew policy) we got what we were promised, (on time too!). A meeting was held with Eric, two architects and dorm members.

The plans to convert a student's room and the upstairs lounge into a study lounge went over well. The design and furniture were exactly what we wanted.

Next, plans were brought out for the downstairs lounge. These were postponed due to the budget, and the fact that an exit must be made downstairs.

Plans for kitchen facilities are now being discussed, and we have a meeting with Eric next week.

In conclusion I can only say thanks (on behalf of myself and members of the dorm) to all those involved. Tom Vencuss is to be thanked, since he showed more leadership, vigor and enthusiasm, than anyone else. Finally, thanks to Andy Maldman (Vice-President), Paul Saums (Treasurer), Scott Fishman, and Bob Janove. These people did the most in the planning and working department. Thanks also to those who gave time and encouragement to the Living Council.

BALDWIN BROTHERHOOD

The Brotherhood sponsored an all-campus party Saturday, Feb. 25th, that was attended by almost 400 people. We think that it was the first time a dormitory had a "live" dance band providing the music. Another alternative to the Pub was tested and proven successful.

Let's continue the trend initiated by the Baldwin Living Council. Also adding some "spirit" to the Drew weekend was a joint party for residents of Baldwin and Welch Halls, sponsored by the respective living councils. This one began at midnight and lasted until 5:20 a.m. with games, a live "D.J.", movies and cartoons, and a helluva lot of fun. Come, Campus dorms—try making our weekends more sociable!

Von der Heide to Make Radio Debut

Professor John von der Heide, Chairman of the History Department and celebrated jazz musician and enthusiast, has announced that he will try his hand in the field of radio broadcasting. Long sought after by many professional stations, Prof. von der Heide has consented to assume the role of disc jockey for a special radio show on WERD. The jazz special, with emphasis on trumpet and piano, will consist of von der Heide favorites selected from WERD's extensive collection.

The show, which will be aired "live" on Tuesday evening, March 14, from 8 P.M. to 11 P.M. promises to be an event of historic importance and can be heard only on WERD, 590 AM. You won't want to miss it.